



Whole Child, Whole Day: Heart, Mind, & Body A Social & Emotional Learning Symposium

**Heart Day, July 24, 2020
9:00 am – 1:00 pm**

8:55 Arrival

9:00-9:40 a.m. Heart Opening Plenary

9:00 Welcome: *Mona Grife, SEL Strategy Senior Manager, and Anne Arias, Partnerships & Professional Learning Manager, Youth Development Executives of King County*

9:10 Keynote : Listening to the Wisdom of Your Heart
Damithia Nieves, Founder & Educator, Thrive Yoga

Educators in all forms love big and give big and though we may like to be, we are not infinite wells. We must take time and space to care for ourselves and each other and return to the root of our inspiration for this work again and again. And yet, self-care has been co-opted by a system more focused on extracting our labor then increasing our capacity to love. In our time together we will look at systems of care and explore ways we can disrupt the dominant narrative that asks us to live only in the mind of logic and tangible results and that tells us our healing is external to ourselves and can be bought. We will move without urgency, practice deep listening and center ourselves.

9:35 Closing

9:40-10:00 Break & Transition to Workshops; Arrive at 9:55

10:00-11:30 a.m. Breakout Session A (4 options)

Each 90-minute session will be offered once.

A1. Strategies to Ground the Practitioner in the Heart of the Work
*Michelle Mann, Director of Behavioral Health, You Grow Girl! (YGG!)
and the You Grow Girl! Team*

YGG! will share techniques and strategies related to centering your heart to the work of engaging with youth and families through; self-advocacy, parent involvement, cultural genograms and yoga practices

for attendees to experience a brief introduction and skills practice. These strategies, including cultural genograms, which can be replicated and adapted for attendees' work with youth and families, are methods for incorporating their unique identities into program or classroom activities.

A2. A Heart Centered Look at our Whole Selves (and all of our beliefs and biases)

Tai Velasquez, Director of Community Engagement, Space Between

Kim Armstrong, Executive Director, Space Between

Dr. Martin Luther King said, "Our goal is to build a beloved community. This will require a qualitative shift in our hearts, and a qualitative shift in our lives." Mindfulness is paying attention to the present moment with kindness and curiosity, and a step towards a shift in our hearts. Research shows that mindful awareness practices help us uncover our implicit bias and unconscious ideas, thoughts, and beliefs. Drawing on the work of Ruth King, author of *Mindful of Race*, as well as other teachers, we will explore mindfulness practices to uncover our unconscious biases and thoughts as a stepping-stone toward change and growth. How can we care for ourselves in this process, which may be difficult, with love and compassion? This session will include safe spaces, caucuses, for people who identify as BIPOC and people who identify as white.

A3. Increasing Inclusivity and Belonging through Creativity

James Miles, Executive Director, Arts Corps

Heleya de Barros, Director of Arts Education, Arts Corps

Join us for an exploration of youth development through hands on activities that positively impact students' sense of belonging and promote inclusivity in a classroom or out-of-school-time program. In this workshop, Arts Corps teaching artists and program staff will lead participants through an exploration of strategies for using creativity to foster positive mindsets across programs, age groups and venues, and the role creative youth development plays in achieving greater justice and equity in education.

A4. When You Know Their Story

Donte Felder and Dr. Donald Felder, South End Stories

In this workshop, attendees will learn to use arts integration and narrative based instruction to develop authentic engagement for students furthest away from educational justice. Attendees will: create strategies to move students from dependency to interdependent learners; develop strategies to amplify student voice and their stories; and develop a menu of alternative texts to engage all students in the classroom.

11:30-12:00 Break & Transition to Closing Plenary; Arrive at 11:55

12:00-1:00 p.m. Heart Closing Plenary

Windows on Our World: A Creative Journey of Connection, Reflection and Renewal

Alan Wong, Facilitator, Partners for Youth Empowerment

Devon Little, Facilitator, Partners for Youth Empowerment

At the heart of social emotional learning are our stories. The unique stories that have led us each to care for the well-being of youth; the resilient stories of the young people we serve; the ongoing story of institutional racism and systemic oppression which we are actively working to undo. At the closing of Day 1, we will gather to reflect, renew, and share our stories in a supportive and uplifting environment. We will use the power of the written word to explore and celebrate our individual stories and imagine our collective future. Come to build meaningful connection, expand creative capacity and experience collective joy.

STAY TUNED FOR DETAILS FOR MIND & BODY DAY ON JULY 31 & AUGUST 7!